



Lehi City Recreation Wrestling 2012



Singlets:

The wrestling singlet you will be using is a RENTAL. It will need to be turned in at the end of the season party on December 10th. Please have your child's singlet cleaned and washed when it is turned in. Our singlets cost \$39.95 each and we will send a bill to those who do not turn them in.

Practices:

- Parents with children in Kindergarten-1st grade will need to stay in the gym with their children during all practices.
- Due to sanitary purposes, children without wrestling shoes MUST wear socks in order to participate. We recommend wrestling shoes if possible.
- We need parents to help roll the mats out before the 5:30 practice begins. If you are able to help at 5:15 please let us know so we can make up a schedule. At the end of the 6:30 practices the mats need to be rolled up and put in the overhead slings. Parents, PLEASE help put the mats into the slings. No children will be allowed in the gym when the mats are being raised or lowered due to safety issues.
- We will have one head coach leading the practices and we ask that parents help assist if they are able to.

Singlet Sizes:

4XS – 40-54 lbs.
3XS – 55-74 lbs.
2XS – 75-94lbs.
XS – 95-114 lbs.
S – 115-134 lbs.
M – 135-159lbs.
L – 160-190 lbs.

Tournaments:

- The Lehi Legacy Center will have two intersquad tournaments for our wrestlers throughout the season. The emphasis will be on improvement, not on winning.
- Coaches will assist in pre-determining the match-ups.
- There are additional tournaments that wrestlers may participate in at other locations. They require a small fee to participate in and are separate from what we offer. Visit www.utahwrestling.org for more info and to register.

Schedule:

- Practices are held on Monday nights at the Lehi Legacy Center (123 North Center Street).

October

22nd- Practice (North Gym)
K-1st: 5:30pm-6:30pm
2nd-4th: 6:30-7:30pm

29th- Practice (North Gym)
K-1st: 5:30pm-6:30pm
2nd-4th: 6:30-7:30pm



November

5th- Practice (North Gym)
K-1st: 5:30pm-6:30pm
2nd-4th: 6:30-7:30pm

12th- Inter-Squad Meet
EVERYONE: 5:30pm

19th- Practice (North Gym)
K-1st: 5:30pm-6:30pm
2nd-4th: 6:30-7:30pm

26th- Practice (North Gym)
K-1st: 5:30pm-6:30pm
2nd-4th: 6:30-7:30pm

December

3rd- Inter-Squad Meet
EVERYONE: 5:30pm

10th- Pizza Party!!
6:00pm-7:00pm
All participants and families are welcome (North Gym)

